



MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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West Chester Mayor Lillian DeBaptiste enjoyed chatting with clients Barbara and Eugene when she delivered for Meals on Wheels of Chester County in support of March for Meals.

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Meals on Wheels of Chester County

404 Willowbrook Lane
West Chester, PA 19382
610-430-8500
Email: meals@mowcc.org
Website: www.mowcc.org



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2023 March for Meals a Success

After being put on hiatus for a few years, Meals on Wheels of Chester County celebrated the nationwide March for Meals campaign in style. Our special guest volunteers included State Representative Dan Williams and City Manager James Logan in our Coatesville and Pony Express chapters; Mayor Peter Urscheler delivered in our Phoenixville chapter; West Chester Mayor Lillian DeBaptiste took time to meet clients in our West Chester chapter, and County Commissioners Marian Moscovitz, Michelle Kichline and Josh Maxwell fanned out in our West Chester chapter. Our honored guests had a great time chatting with clients and our clients loved meeting officials who are able to contribute directly to improving their quality of life.

Every March, Meals on Wheels celebrates the addition of the senior nutrition program to the Older Americans Act. The legislation fueled the network's growth, now serving 2.8 million seniors yearly.

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SUMMER — 2023

March for Meals 2023

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Ready to deliver are (from left) Chester County Commissioner Michelle Kichline, Meals on Wheels Communications Administrator Patrice Stilley, County Commissioner Marian Moskowitz, West Chester volunteer Carole Koroluck, Commissioner Josh Maxwell, and Board Member and driver Barb DeCarlo.



Left: Client Cindy chats with State Representative Dan Williams (center) and volunteer Ralph Johnson.

Lower Left: Phoenixville Mayor Peter Urscheler (left) with volunteers Rich & Janet and client Elena.

Below: Coatesville City Manager, James Logan, connected with Eleanor (center) and volunteer Alan Freyer.



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Meals On Wheels, West Chester, PA

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Older adults can now get their free Senior Farmers Market Nutrition Program vouchers at their local Area Agency on Aging. The vouchers will be accepted at participating farmers markets and farm stands across the common-

wealth starting on June 1.

Thanks to federal funding received by the Department of Agriculture, the value of the vouchers will increase from \$24 (four \$6 vouchers) to \$50 (five \$10 vouchers).

Older Pennsylvanians can get more information – including eligibility, how to apply, and where to find the closest farmers market – by visiting the Chester County Department of Aging at www.chesco.org aging or the Pennsylvania Department of Agriculture at www.agriculture.pa.gov/food.

With Gratitude...

A great big **THANK YOU** goes out to the West Chester Masonic Lodge 322 for its generous donation after a presentation by our team about Meals on Wheels of Chester County's history and mission. Thank you to MOWCC Board Member Alan Czako for organizing. We look forward to a positive partnership with the brethren.



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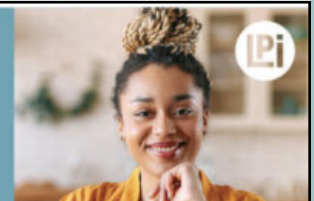


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While allergies are frequently thought to be a condition occurring early in life, seniors aren't exempt from troublesome symptoms of allergies. Research shows age-related immune system changes might leave the elderly at a higher risk for infections, **autoimmune diseases**, and allergic inflammation. Seniors frequently have chronic conditions, and may take multiple medicines that could make it hard to diagnose and treat allergies.

An allergy diagnosis in older individuals is extremely important, because allergies can increase the risk of stroke. Seasonal allergy symptoms include:

- Coughing
- Sneezing or stuffy nose
- Watery eyes
- Itchy throat, sinuses, or ear canals
- Sleep disturbance
- Fever
- Weakness and fatigue
- Aches and pain
- Dark circles under the eyes

When older adults are dealing with allergies, it is essential to isolate other pre-existing conditions' symptoms and others that might be due to offending allergens. Since allergies could arise from just combining wrong medicines, always check with the physician before you add a new supplement or pill to your regimen. If you're an older adult and are concerned with allergies, contact an ENT clinic about receiving a diagnosis and treatment. There are ways to help relieve your symptoms.



Beginning April 1, 2023, the majority of transportation services currently provided in Chester County by Rover Community Transportation will transition to a County-run Department of Community Transit. This new transportation service will be called Chesco Connect. All subscription trips or recurring rides will continue as scheduled. Riders with subscription trips do not need to take action to keep their reservations. Chesco Connect buses look similar to the Rover vehicles, but with the Chesco Connect logo. The buses are white with the blue and green Chesco Connect logo pictured above. All buses are ADA accessible and are equipped with wheelchair lifts.

Chesco Connect Community Transit

601 Westtown Road
West Chester, PA 19380
610-344-5545

Hours

7:00AM - 4:00 PM

Visit chesco.org/community-transit

@MealsonWheelsChesco



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In response to the impacts of COVID-19, inflation, and SNAP cuts in our communities, the **Share Food Program** has more than tripled its efforts to provide life-sustaining foods to vulnerable children, families, and seniors. Share Food Program is one of the largest independent food banks in Pennsylvania and offers various programs including the Senior Food Box Program (SFBP). The SFBP provides qualifying seniors in Chester, Montgomery and Philadelphia counties a food box once a month that includes a variety of nutritious USDA foods such as, fruits, juices, vegetables, cheese, milk, meat, poultry, fish, plant-based protein, cereals, pasta and rice. The Share SFBP now feeds more than 7,000 seniors each month and delivers 3,000+ food boxes directly to their doors each month.

Dependent upon the recipient's location, the food box may be delivered, or picked up at a participating provider. To be eligible, recipients must be 60 or older and have a household income 130% below poverty. You can find more information by visiting their website at www.sharefoodprogram.org or by calling (215) 223-2220.



Our dining _____ used to be a war _____
NOUN NOUN

I thought the battles about correct table _____ would
PLURAL NOUN

never end. It was us kids versus Mom, and it seemed like a fight
 that would last to the _____ end. But tonight Dad finally
ADJECTIVE

declared a/an _____ truce, and we negotiated a/an
ADJECTIVE

_____ peace _____. Mom promised to no
ADJECTIVE NOUN

longer get _____ upset and shoot us dirty _____
ADVERB PLURAL NOUN

and make _____ remarks when we do _____
ADJECTIVE ADJECTIVE

things she doesn't like. We in turn agreed to:

1) Use napkins to wipe our _____ and not
PART OF THE BODY (PLURAL)

our _____
PLURAL NOUN

2) Keep our _____ off the table.
PART OF THE BODY (PLURAL)

3) Not use our _____ to pick up _____
PART OF THE BODY (PLURAL) PLURAL NOUN

from our plates—except for sandwiches or pieces of

NOUN

4) Never talk with food in our _____
PART OF THE BODY (PLURAL)

Keeping Cool As the Weather Warms Up

- Drink water regularly. Do **NOT** wait until you're thirsty to start drinking water.
- Avoid using your oven or stove to prepare meals.
- Wear loose-fitting clothes.
- Take showers to cool down.
- Have others check up on you, and vice versa.
- Wear sunscreen and clothing to protect yourself from sunburns, which make it hard for your body to cool down.
- When outside in the heat, wear a hat, try to stay in the shade, and move slowly so you won't become overheated.

Seek medical care immediately if you have symptoms of heat-related illness such as muscle cramps, dizziness, headaches, nausea, weakness, or vomiting.

Refreshing Strawberry Lemonade Spritzer



- 1 package (10 ounces) frozen sweetened sliced strawberries, thawed
- 2 liters lemon-lime soda, chilled
- 1 can (12 ounces) frozen pink lemonade concentrate, thawed

Place the strawberries in a blender; cover and process until pureed. Pour into a large pitcher; stir in the soda and lemonade concentrate. Serve immediately.

For a twist on the original recipe, muddle (a fun term that simply means smush against the side of your glass) a few sprigs of fresh mint or basil to step this spritzer up a notch, or lighten this up by using seltzer water instead of soda.

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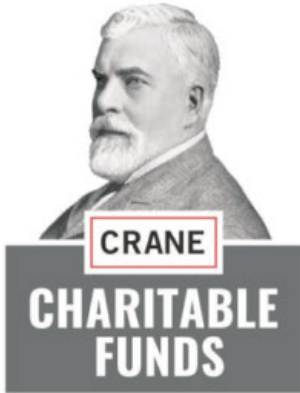
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Meals on Wheels of Chester County
404 Willowbrook Lane
West Chester, PA 19382

Stamp goes
here



Here are our accomplishments from
last fiscal year (7/1/21—6/30/22):

# OF MEALS DELIVERED:	94,167
# OF PEOPLE SERVED:	834
# OF VOLUNTEERS:	627
COST OF FOOD:	\$388,662

Please consider DONATING to help feed
homebound seniors either by sending a
check to:

MOWCC

404 Willowbrook Lane
West Chester, PA 19382

2. **Going Online to www.mowcc.org**

THANK YOU

Meals on Wheels of Chester County (MOWCC) is a registered 501 (c) (3) charitable organization. MOWCC receives partial funding from the Chester County Department of Aging Services. Other funding is provided by contributions from foundations, businesses, individuals and clients. MOWCC's official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll-free (within PA) 1.800.732.0999. Registration does not imply endorsement . EIN# 23-2636379.